

Household Commodity Fact Sheet

**CARROTS, FRESH**

Date: April 2009

Code: F110, F111, F113, F114

PRODUCT DESCRIPTION

- Fresh carrots are U.S. No. 1 or better with the tops removed.

PACK/YIELD

- F110: 2-pound bag
- F111: 5-pound bag
- F113: 1-pound bag
- F114: 3-pound bag
- There are about 6 to 8 medium carrots in 1 pound. One medium carrot is about ½ cup of chopped carrots.

STORAGE

- Carrots should be stored in the refrigerator in a plastic bag, loosely tied or knotted.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Carrots should be scrubbed to remove any dirt on the outer layer.
- Carrots can also be peeled with a vegetable peeler or carefully using a knife after rinsing.
- To bake or roast: Cut or slice carrots and place on a baking sheet coated with cooking spray; cook at 400 degrees F for 25 to 30 minutes or until browned and just soft.
- To microwave: Cut carrots into slices and place in a microwave safe dish. Add 3 tablespoons of water. Cover and cook on high for 10 minutes. Stir once halfway through cooking time.
- To boil: Cut carrots into slices and add to boiling water; cook over low heat for about 5 to 10 minutes, depending on the size of the slices.

USES AND TIPS

- Raw carrots can be eaten plain as a snack or an appetizer, and sliced, chopped, or grated to add to salads.
- Slice carrots into carrot sticks and dip in low-fat dressing or other low-fat dip.
- Carrots can be cooked using many different methods, such as boiling, steaming, roasting, or grilling, and can be eaten as a side dish on their own or cooked with other vegetables.

- The sweet flavor of carrots makes them a popular ingredient in cakes, muffins, breads, and cookies.

NUTRITION INFORMATION

- ½ cup of cut-up carrots counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of carrots provides more than one day's worth of vitamin A.

FOOD SAFETY INFORMATION

- Keep carrots that are going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (64) fresh carrots

Amount Per Serving

Calories	25	Calories from Fat	0
% Daily Value*			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	45mg	2%	
Total Carbohydrate	6g	2%	
Dietary Fiber	2g	8%	
Sugars	3g		
Protein	1g		
Vitamin A	210%	Vitamin C	6%
Calcium	2%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

CRUNCHY CARROT SALAD

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 pound raw fresh carrots, washed and scrubbed or peeled, shredded
- ½ cup raisins
- 8 ounces low-fat vanilla or lemon yogurt

Directions

1. Mix all ingredients in a large mixing bowl.
2. Cover with plastic wrap and refrigerate for at least an hour.
3. Toss again before serving.

Nutritional Information for 1 serving (about 1 cup) of Crunchy Carrot Salad					
Calories	100	Cholesterol	0 mg	Sugar	16 g
Calories from Fat	5	Sodium	80 mg	Protein	3 g
Total Fat	0.5 g	Total Carbohydrate	22 g	Vitamin A	636 RAE
Saturated Fat	0 g	Dietary Fiber	3 g	Vitamin C	5 mg
				Calcium	96 mg
				Iron	0 mg

Recipe adapted from Kansas State University, <http://www.ksu.edu>.

EASY BAKED CARROTS

MAKES ABOUT 4 SERVINGS

Ingredients

- 2 tablespoons sugar
- 1 teaspoon nutmeg (if you like)
- ¼ teaspoon salt
- ½ cup water
- 4 cups carrots, sliced
- 4 tablespoons margarine, cut into 8 to 10 pieces

Directions

1. Preheat oven to 350 degrees F.
2. In a baking dish or large oven-safe bowl, mix sugar, salt, and water. If using nutmeg, add that too.
3. Add carrots, stir and place pieces of margarine on top.
4. Bake for 10 minutes, stirring after 5 minutes.

Nutritional Information for 1 serving of Easy Baked Carrots					
Calories	110	Cholesterol	0 mg	Sugar	7 g
Calories from Fat	70	Sodium	220 mg	Protein	1 g
Total Fat	8 g	Total Carbohydrate	11 g	Vitamin A	790 RAE
Saturated Fat	1.5 g	Dietary Fiber	2 g	Vitamin C	5 mg
				Calcium	29 mg
				Iron	0 mg

Recipe adapted from Carrotrecipes.net.